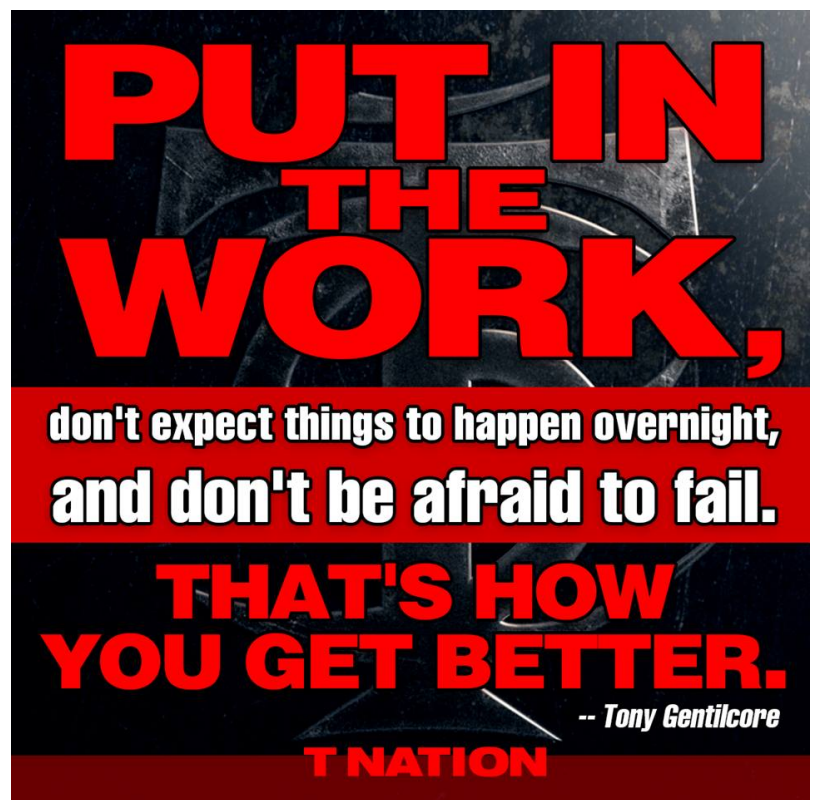
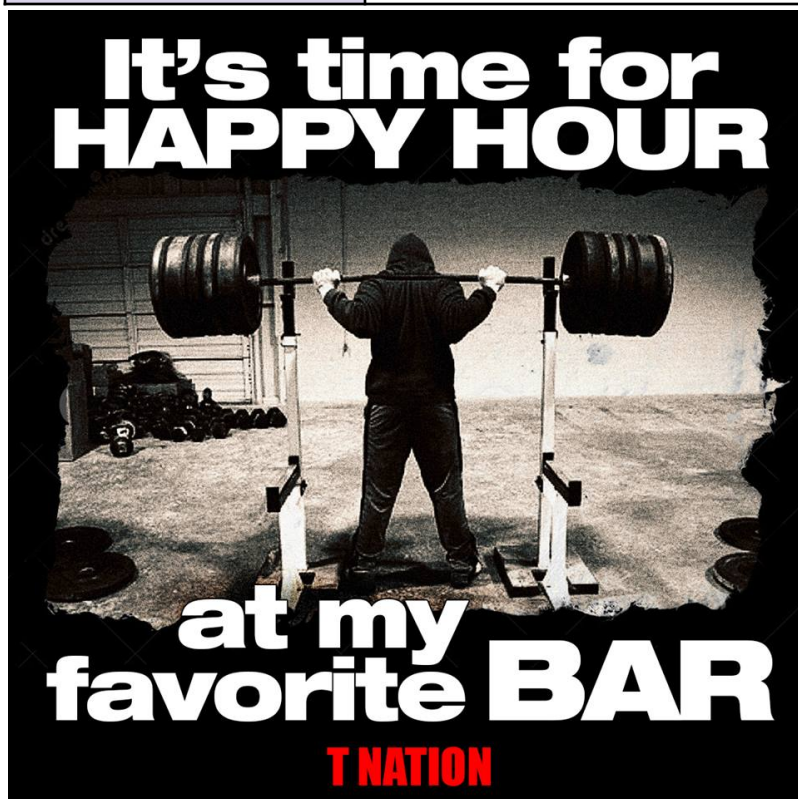


	Monday
Warmup	This is obviously not a complete warmup. This section will contain a set of warmup exercises for a specific area for you to try today. Pick the ones that work best for you to integrate into your complete warmup routine on other days. Shoulders: 1. 50 Band Pull-Aparts as you move through a band pass-through. Choose 5 different angles of the pass-through and perform 10-reps. 2. 10 Band pulls each: external rotation, straight arms to side, straight arms in V 3. 20 Handstand shoulder activates 4. 30' Handstand walk or 2 min max effort
Weightlifting	Power Snatch + 2 Snatch: 70% x 2 sets; 75% x 3 sets Jerk from blocks: 75% x 3 x 5 • Nomenclature is % x reps x sets, in this section only.
Squat	1. Pause Front Squat, unbelted 3 x 3; 3 x 1 (work to technical max) *Because of last week's deload, you will be rested, but you may not be at peak neural efficiency. Give yourself a week of training before you expect your previous squat numbers.
Coan Deadlift Program Week 10	Coan Deadlift Program Week 10 *All percentages are calculated from your goal 1RM--not your current 1RM. Work Sets: 100% x 1 Speed Sets: 2 rounds: 60% x 3 Assistance Work: EMOM 6 1st min: 8 SLDL @ moderate 2nd min: 15 Power Shrugs @ moderate

	Tuesday
Weightlifting	Power Clean + 2 Cleans: 70% x 2 sets; 75% x 3 sets Snatch Balance- 65% x 3 x 2; 70% x 3, 75% x 3 x 2 Nomenclature is % x reps x sets, in this section only.
Squat/Press	1. Pause Front Squat, belted 3 x 3; 3 x 1 (work up to a technical max) 2. Push Press 78% x 5 x 5 (based off push press 1RM) *150m sandbag walk after each set of press. Experiment with different sandbag positioning.
Conditioning	"The Wolf" 5 RFT 10 Kettlebell Snatches (5L + 5R) 10 Upside Down Kettlebell Pushups Kettlebell @ 70# / 44#



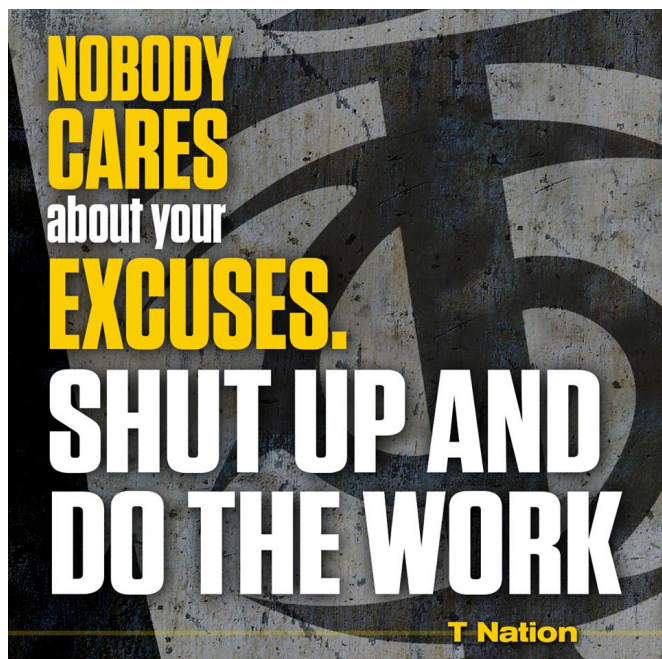
	Wednesday
Warmup	Hips: 1. 10 Hip bridges 2. 10 single leg hip bridges, each leg 3. 10 twisting side kicks, each leg 4. 10 Dirty Dog rotations each leg 5. 10 Dirty Dogs each leg
Weightlifting	Muscle Snatch- 65% x 5; 70% x 4; 75% x 3 x 2 (% of Muscle Sn 1RM) 3-Position clean- 70% x 2 sets; 75% x 3 sets
Squat	1. Back Squat, belted 3 x 3; 3 x 1 (work up to a technical max) *Jump on top of the jerk blocks 3 times after every set of squats
Conditioning	"Drunken Grace" For time: 30 keg clean and jerks



	Thursday
Weightlifting	Behind the Neck Jerk - Find a 2RM (drop each rep on the blocks)
Squat/Core	CFI Class E2.5MOM for 6 rounds Find a max in the complex 3 OHS + 1 OH lunge (right) + 1 OH lunge (left) -then- 4 rounds (not for time): 2 x 25' log carry 10 Goblet Squats @ moderate 10 Windmills @ moderate (5 ea side) 25' Overhead Walking Lunges @ 45/35



	Friday
Warmup	Core: 10 minutes of Crush Ball
Weightlifting	3-Position snatch- 70% x 2 sets; 75% x 3 sets Snatch Push Press- 75% x 5 x 5
Squat	1. Low Bar Box Squat to 18" Box 3 x 3; 3 x 1 (work up to a technical max)
Weightlifting/ Conditioning	12 min to find a heavy Power Clean + Thruster -then- EMOM 9 5 Power Cleans @ 95/65# 5 Thrusters @ 95/65# 5 Bar-over Burpees



	Sunday @ 2:00 PM
Weightlifting	Snatch - 70% x 3; 75% x 2; 80% x 1; 85% x 1; 80% x 1; 75% x 1 Clean & Jerk - 70% x 3; 75% x 2; 80% x 1; 85% x 1; 80% x 1; 75% x 1
Squat	Find a 1RM Overhead Squat
Strongman Conditioning	Chesticles 2.0 1 minute to complete 10 bench press @ 135 pounds 1 minute rest 2 minutes to complete 20 bench press @ 185 pounds 2 minutes rest 3 minutes to complete 30 bench press @ 225 pounds 3 minutes rest 4 minute amrap bench press @ 275 pounds (or 75% of your 1RM) *If you fail to complete the work in the allotted time, then finish the round and mark the additional time needed to complete the set. This marks the end of the workout. For example — if you are in the set of 30 reps and 3:00 passes when you're at rep 23 then keep working until you hit rep number 30, and then your workout is over. Note the overall time needed to complete the set. You do NOT advance to each subsequent AMRAP if you do not complete the previous one. *Scale by adjusting 4 min AMRAP load to 75% of your 1RM and reducing weight from there. *Compare to Oct 24th 2014 and Dec 3rd 2014